

GUIDELINES FOR PARENTS ON KEEPING ILL STUDENT HOME DURING COVID PANDEMIC

It is not always easy to know when to send your child to school and when to keep your child home. These Guidelines are based on public health science. These guidelines may change frequently during COVID-19 pandemic. This website has the most recent guidance: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>. You may always call your school nurse for more information. If your child has any of the symptoms below, please call your doctor for advice.

Please **do not** send a child with these symptoms to school:

- **Chills or Fever** of 100.0°F or more. If you do not have a thermometer, do not send your child to school if he/she has chills. Once fever goes away without taking medicine like acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Motrin, Advil), your child may still need to stay home for more days. As public health guidance changes on this, call your school health office or check the following website: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- **Feeling tired, muscle or body aches.** This can be an early sign of many infections and is sometimes the only sign of COVID disease.
- **Cough, shortness of breath or difficulty breathing** – Do not send your child to school if these symptoms are not part of your child's regular condition. Check for labored breathing (heaving of chest muscles with each breath), fast breathing at rest, blue color to skin, or wheezing (if never previously evaluated and treated). Keep home if your child has been diagnosed with pertussis (whooping cough) until after 5 days of antibiotics have been received (assuming that COVID has been ruled out), or if your child has tuberculosis (until treated).
- **Congestion or runny nose** – Usually schools welcome children with such symptoms, during the COVID-19 pandemic, children with these symptoms and signs need to stay home. If the congestion and runny nose are typical for your child, they can be at school (for example, your child gets these very symptoms during allergy season).
- **Sore throat.** Keep your child home, as this can be a symptom or sign of COVID-19.
- **New loss of taste or smell.** Keep your child home, as this can be a symptom of COVID-19.
- **Headache:** Unless the type of headache your child is experiencing is quite typical (for example, migraines), keep your child home during the COVID-19 pandemic.
- **Rash that is undiagnosed,** especially when there is a fever and behavioral change.
- **Chicken pox** - keep your child home until all blisters are scabbed over and there are no signs of being sick.
- **Diarrhea** – During the COVID-19 pandemic, keep your child home if they have diarrhea.
- **Nausea or Vomiting**-During the COVID-19 pandemic, keep your child home if they are throwing up.
- **Impetigo** - Keep your child home for 24 hours after starting an antibiotic.
- **Ringworm** (a contagious skin fungus infection). Keep your child home until medicine is started. If is an area not covered with clothes, when they go back to school, please cover the area with dressing or gauze. Ringworm on the scalp requires an oral medication, but child may return to school if treated with appropriate cream or covered.
- **Cold sores** - Cold sores can be passed from one person to another through direct contact. Children who drool or place toys in their mouths when they have cold sores should stay home; other children may come to school.

- **Quarantine** – If your child has been asked to quarantine (stay home) by a doctor, nurse or the public health department, please call the school and let them know. This can happen because someone in your household may have COVID-19 or because your child travelled out of the country.
 - Note: travel to and from Mexico by car or by foot and/or visiting areas close to the U.S. border, if done for educational or medical reasons, is not considered “international travel” and should not keep your child from going to school, as long as all members of the household are healthy.

Antibiotics

Children who take antibiotics for impetigo, strep throat, and several other bacterial infections, should be on them for a **FULL 24 hours** (longer for Pertussis/Whooping Cough) before going back to school to not spread infections. If you are not sure, ask your school nurse.

If at any time you are not sure if your child's illness can spread to others, you may call your child's primary care provider. If you have any questions, please call your school to speak to the school nurse. Thank you for your continued support of the families in our school community.

Please keep the office staff at your child's school informed of your current contact numbers and email. It is very important to be able to reach you when your child is sick at school and needs to go home or when your child needs to see their doctor.